

MALNUTRITION MATTERS

Recipes

I. Milk Drinks

- 1.) High Protein
- 2.) Eggnog
- 3.) Peach Eggnog
- 4.) Pineapple/Strawberry Milk

II. Milkshakes

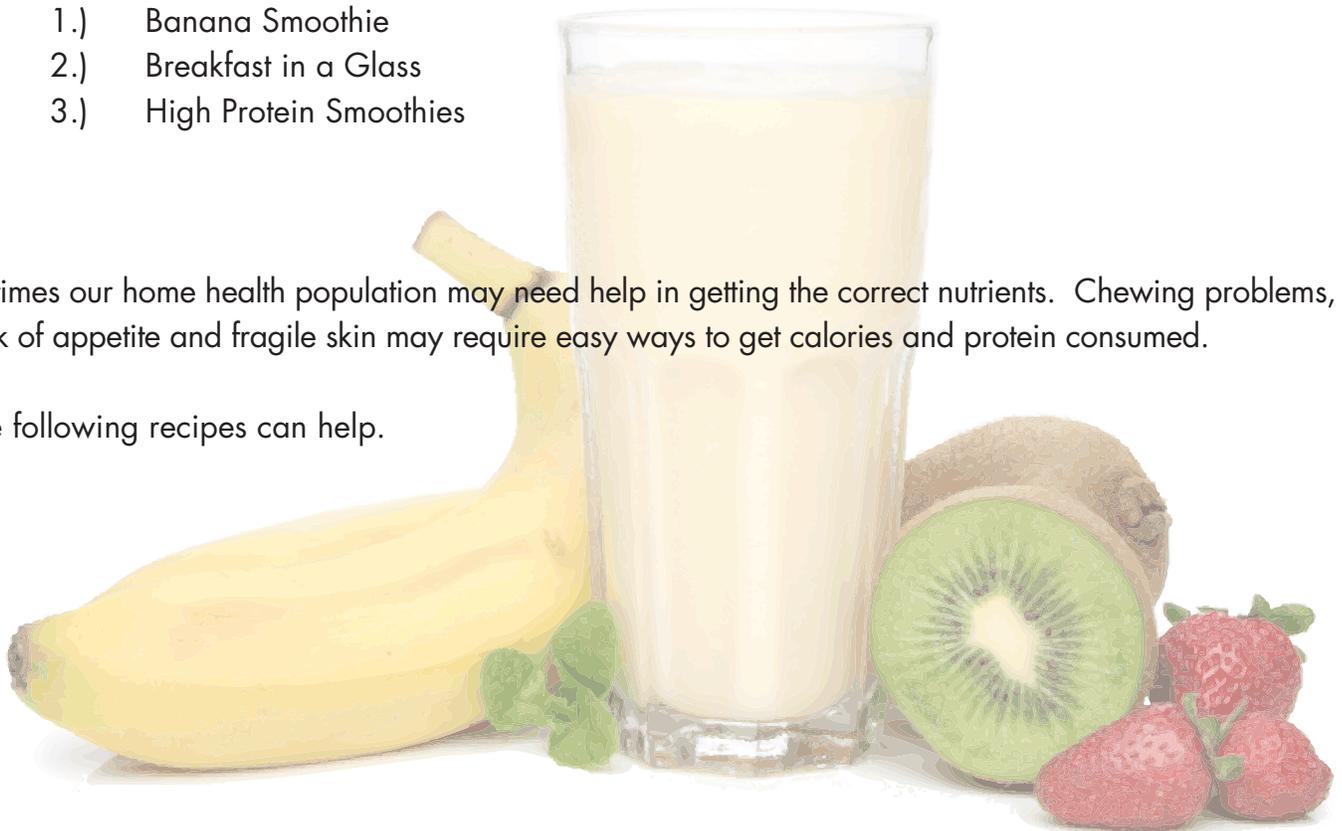
- 1.) Standard Milkshake
- 2.) Orange Sherbert Shake
- 3.) Chocolate Peanut Butter Milkshake
- 4.) High Calorie Milkshake
- 5.) Banana Milkshakes

III. Smoothies

- 1.) Banana Smoothie
- 2.) Breakfast in a Glass
- 3.) High Protein Smoothies

At times our home health population may need help in getting the correct nutrients. Chewing problems, lack of appetite and fragile skin may require easy ways to get calories and protein consumed.

The following recipes can help.



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Recipes

I. Milk Drinks

HIGH PROTEIN Milk DRINK

1 quart whole milk

1 cup dry skim milk powder

Add dry powder to fluid milk for increased protein.

EGGNOG Milk DRINK

¼ cup egg substitute

1 cup milk

2 to 3 teaspoons sugar

½ teaspoon vanilla

Combine all ingredients in a blender and blend until smooth.

Source: Abby S. Bloch and Joyce Daly Margie, Nutrition and the Cancer Patient, Chilton Book Company, 1983.

PEACH EGGNOG

¼ cup egg substitute

1 cup milk

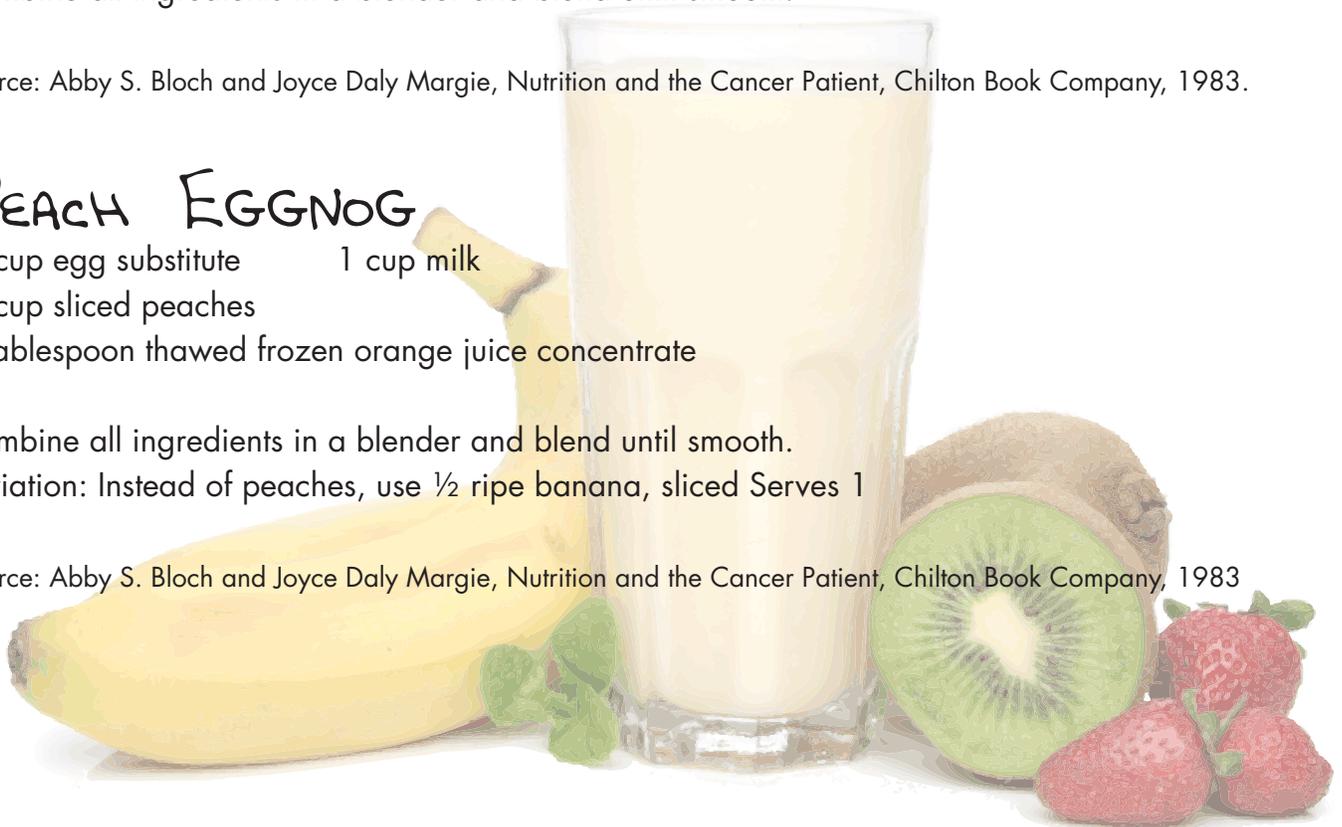
½ cup sliced peaches

1 tablespoon thawed frozen orange juice concentrate

Combine all ingredients in a blender and blend until smooth.

Variation: Instead of peaches, use ½ ripe banana, sliced Serves 1

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RECIPES

CHOCOLATE COFFEE Milk

2 tablespoons instant coffee ¼ cup sugar
Dash salt 2 1 oz. squares unsweetened chocolate
3 cups milk 1 cup water

In saucepan, combine coffee, sugar, salt, chocolate and water. Stir over low heat until chocolate has melted. Simmer 4 minutes, stirring constantly. Gradually add milk, stirring until heated. When hot, remove from heat and beat with rotary beater until frothy. Pour into cups and top with whipped cream that may be stirred until melted. Serves 3 at 240 calories each.

Source: Patti E. Rann Thigpen, Dinner through a Straw: Handbook for Oral Fixation, Dethero Enterprises, Cleveland, Tennessee, 1987.

PINEAPPLE/STRAWBERRY Milk

1 cup milk
1 envelope strawberry flavored instant breakfast drink

Blend 5 to 10 seconds on high speed. Serves 1

Variations:

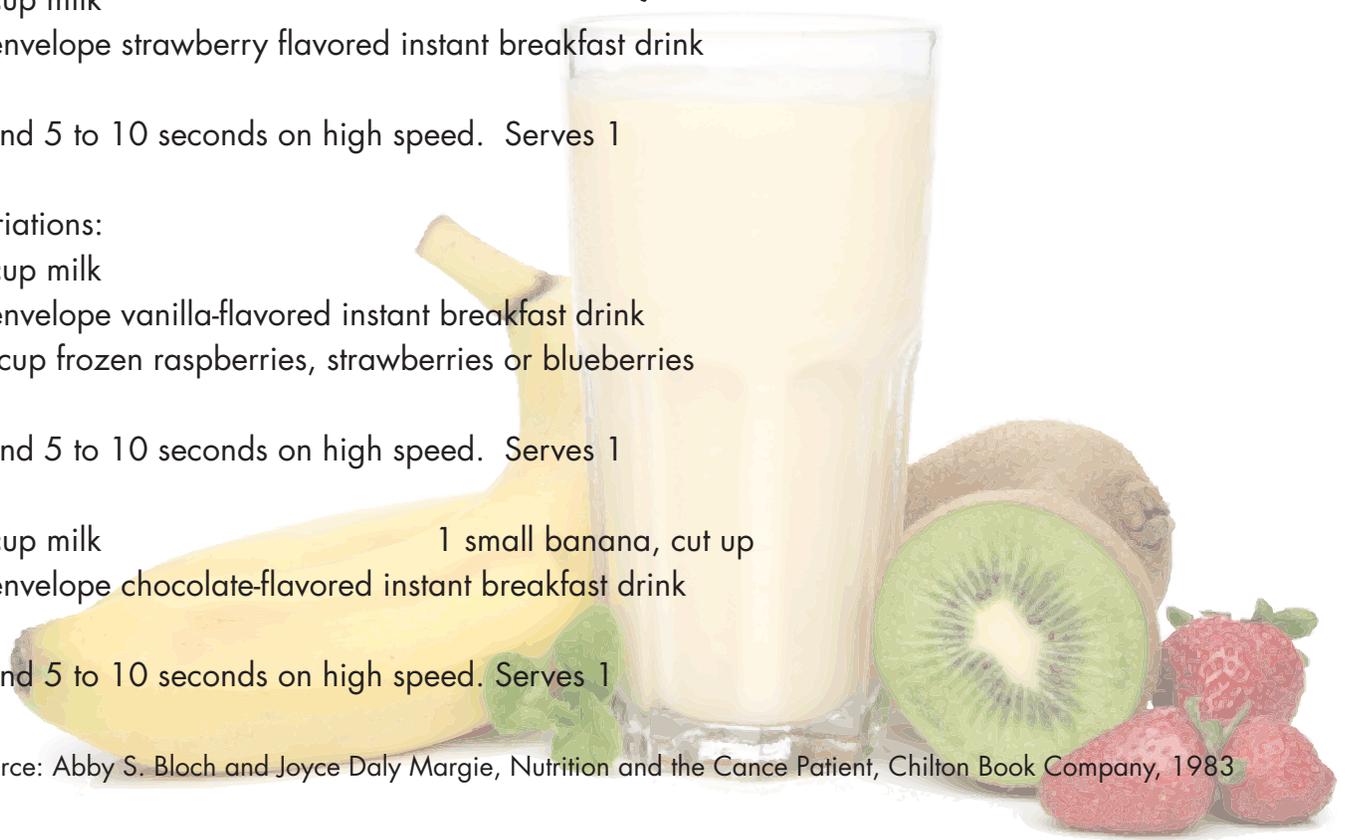
1 cup milk
1 envelope vanilla-flavored instant breakfast drink
¼ cup frozen raspberries, strawberries or blueberries

Blend 5 to 10 seconds on high speed. Serves 1

1 cup milk 1 small banana, cut up
1 envelope chocolate-flavored instant breakfast drink

Blend 5 to 10 seconds on high speed. Serves 1

Source: Abby S. Bloch and Joyce Daly Margie, Nutrition and the Cance Patient, Chilton Book Company, 1983



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Recipes

II. MILKSHAKES

STANDARD MILKSHAKES

- 1½ cups ice cream
- 4 tablespoons dry skim milk powder
- ¼ cup whole milk

Measure ingredients into blender and blend at high speed until smooth – about 60 seconds. If not served immediately, refrigerate or freeze.

ORANGE SHERBET SHAKE

- 1½ cups orange sherbet
- ½ cup whole milk
- 4 tablespoons dry skim milk powder

Measure ingredients into blender and blend at high speed until smooth – about 60 seconds. If not served immediately, refrigerated or freeze.

Courtesy of Yale-New Haven Hospital, New Haven, Connecticut

CHOCOLATE PEANUT BUTTER MILKSHAKE

- 2 cups ice cream
- 2½ tablespoons peanut butter
- 3 tablespoons chocolate syrup
- 1 teaspoon vanilla flavoring

Blend together. Serves 2



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HIGH-CALORIE MILKSHAKE

- ½ cup ice cream (any flavor)
- ½ cup whipping cream (unwhipped)
- ¼ cup corn syrup
- 1 teaspoon vanilla flavoring

Mix all ingredients together in blender. Serves 1

Source: Abby S. Bloch and Joyce Daly Margie: Nutrition and the Cancer Patient, Chilton Book, 1983

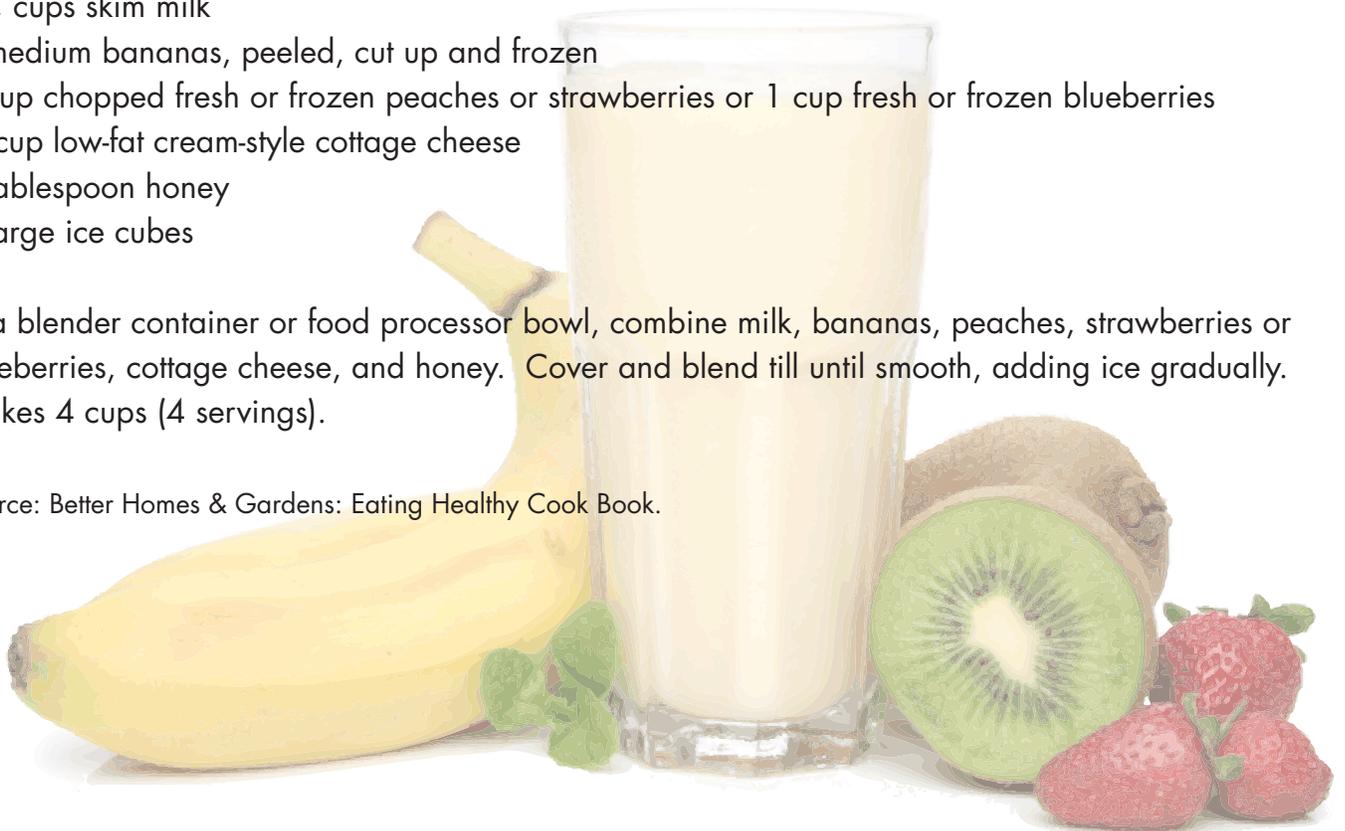
THICK BANANA MILKSHAKES

You'll find it's easier to peel and cut up bananas before you freeze them.

- 1 ¼ cups skim milk
- 2 medium bananas, peeled, cut up and frozen
- 1 cup chopped fresh or frozen peaches or strawberries or 1 cup fresh or frozen blueberries
- ½ cup low-fat cream-style cottage cheese
- 1 tablespoon honey
- 5 large ice cubes

In a blender container or food processor bowl, combine milk, bananas, peaches, strawberries or blueberries, cottage cheese, and honey. Cover and blend till until smooth, adding ice gradually. Makes 4 cups (4 servings).

Source: Better Homes & Gardens: Eating Healthy Cook Book.



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III. Smoothies

BANANA Smoothie

8 oz. flavored yogurt
1 peeled banana (or 1 cup of drained canned fruit)
1 cup crushed ice
5½ oz. apple juice

Combine all ingredients in blender. Mix until ice and fruit are smooth. Makes one 16 oz. cup.

Source: Sharon Yankelson, "Procedures for Preparation of Dysphagia Diets," in Deon J. Gines, ed., Nutrition Management in Rehabilitation, Aspen Publishers, Inc., 1990

BREAKFAST in a GLASS

1 Medium banana ½ cup egg substitute
1 ½ tbsp. frozen orange juice concentrate (thawed)
1/3 cup water 1 tsp. Wheat germ
1 tsp. honey Dash salt

Slice banana into blender; add remaining ingredients. Blend on high speed until smooth, about 1 minute. Serves 1

Source: Abby S. Bloch and Joyce Daly Margie, Nutrition and the Cancer Patient, Chilton Book Company, 1983

HIGH PROTEIN Smoothies

These smoothies are like milkshakes. They can be thick or thin based, on the temperature of the ingredients.

Blend until smooth: 1 cup cottage cheese
1 cup yogurt

Add one of the following: 1 banana, 1 teaspoon vanilla or honey and vanilla to taste

Substitute your favorite fruit or jam. Substitute chocolate or other flavoring for vanilla. If you want it thinner, add milk or more yogurt. If you want it colder, blend with a cracked ice cube. Serves 3.

Source: Abby S. Broch and Joyce Daly Margie, Nutrition and the Cancer Patient, Chilton Book Company, 1983